

WESTERN SLOPE NOTES



July-August 2025



Independence from Alcohol!

Remember that relapsing is not inevitable, and staying sober on the Fourth of July is possible. Here are some strategies to help you stay on track:

Plan your day ahead of time. Knowing what activities or events you will be attending can help you prepare mentally for potential triggers.

Bring a sober friend or support person with you to events. Having someone who understands your journey and can provide support during potentially triggering situations can make all the difference.

Have an exit plan. If you start feeling uncomfortable or triggered at an event, it's important to have a plan in place to leave if necessary.

Practice saying no. It's okay to politely decline an invitation if you feel that it may put your sobriety at risk.

Avoid situations where alcohol is the main focus. Instead, find events or gatherings that are focused on other activities such as games, sports, or watching fireworks.

Focus on the present. Don't dwell on past experiences or future worries. Practice mindfulness and enjoy the moment without substances.



Dr. Bob

Bill W.

Mailing Address:

PO Box 1531 Grand Jct.CO 81502

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Now Open!!!

Please support your local Central Office by purchasing your literature & medallions online:

aa-westerncolorado.com/Shop

Or in person

740 Gunnison Ave #104
(West door) Grand Junction,
CO





WESTERN SLOPE NOTES July-August 2025

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MAL Dist. 14—Betsy MAL– Dist. -17- Open MAL– Dist. -18– Open MAL Dist. 20—Dan J

Central Office Manager-Teresa M Asst. Manager- Bonnie B

From Intergroup/Steering Committee Chair, Gene F

There's a lot of news to cover regarding your Central Office!

First off I wanted to thank Robbers Roost Delta Group for hosting Founder's Day on Sunday June 15th at Sherwood Park in Grand Junction. Over 100 A.A. members attended the event and great time was had by all.

Our ColorDaze Committee has been meeting since early May. Date and location for this year's event has been set for Friday - Sunday, September 5th - 7th, 2025 at the Garfield County Fairgrounds. Duke J is our ColorDaze Committee Chair, Bill M is our Alternate ColorDaze Committee Chair, Mike P is our Registration Chair, Lindsey M is our Hospitality Chair, Sue B is our Silent Auction Chair, Teresa M is our Treasurer, Gene F is our Workshop Chair.

In addition to Speaker Meetings and Workshops (additional details coming), Early Bird Registration through July 31, 2025 is \$80.00 (20% discount) and includes Bottomless Coffee, Saturday Lunch, Saturday Dinner, Sunday Breakfast, Root Beer Kegger and Dance on Friday Night and Carnival Games. When purchasing your Early Bird Registration, your name goes into a drawing to win \$500.00. Regular Price increases to \$100.00 on August 1st, 2025. There are also RV spaces available for \$25 per night.

More information on Speakers and Workshops will be posted to ColorDaze website (colordaze.org) shortly.

Tentative 2025 ColorDaze Schedule:

FRIDAY SEPTEMBER 5, 2025

2:00 pm Registration Opens/Hospitality Opens
3:00 pm - 4:00 pm Old-Timers Meeting
5:00 pm Silent Auction Opens
6:00 pm - 7:30 pm Glenwood Springs The Young & Restless Meeting
8:00 pm - 9:30p m AA Speaker (Tatiana B - Carbondale)
9:30 pm - 11:00 pm Root Beer Kegger/Dance

SATURDAY SEPTEMBER 6, 2025

9:00am Registration/Hospitality Opens
10:00 am - 11:00 am Workshop
11:00 am - 12:30 pm Workshop
11:00 am - 12:30 pm Hike to Rifle Falls
12:30 pm - 1:30 pm Lunch

(Continued on page 3)



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From Intergroup/Steering Committee Chair (continued)

(Continued from page 2)

SATURDAY SEPTEMBER 6, 2025 (cont'd)

1:30 pm - 4:30 pm Cornhole/Games/Dunk Tank/Outside Activities
1:30 pm - 2:30 pm Workshop
3:00 pm - 4:30 pm Change is Good Workshop
5:00 pm - 6:00 pm Dinner
6:00 pm - 7:00 pm Al-Anon Speaker
7:30 pm - 8:00 pm Sobriety Countdown/\$500 Pre-Registration Drawing
8:00 pm - 9:30 pm AA Speaker (Mike B - Carbondale)
9:30 pm Silent Auction Ends

SUNDAY-SEPTEMBER 7, 2025

9:00am Hospitality Opens
9:00am - 10:00am Breakfast
10:00am - 11:00am AA Spiritual Speaker (Mark S - Montrose)
11:30am Closing of ColorDaze 2025

District 2 is hosting Area 10 Assembly in Grand Junction Friday - Sunday July 18-20, 2025 at the Doubletree Hotel. Central Office will be there selling books, literature, coins etc. I'll be attending and hope to meet with many of the DCM's and GSR's from Western Colorado.

By the time you receive this newsletter, our Online Store that we have diligently worked on for the past several months will go live at <https://aa-western-colorado.com/shop>. This will allow A.A. members to order books, literature, coins etc online and have it shipped direct to them. Please keep in mind that Central Office pricing for Big Books and other A.A. books is well below what you would pay at Amazon. Please visit our online store and purchase something today!

As always, I encourage your group to participate in our monthly Intergroup Meetings. I encourage your group to elect an Intergroup Representative if your group doesn't have one so that your group has a voice and a vote in Central Office affairs.

I'm always available to answer any questions. Please feel free to email me at chair@aa-westerncolorado.com

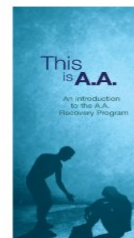
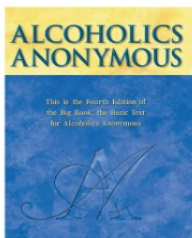
Yours in Service,

Gene F

Try our online store!!!

<https://aa-westerncolorado.com/shop/>

PRODUCT CATEGORIES





Western Slope Notes July-August 2025

Financial News



We try to send out Thank You notes to acknowledge your contributions and to provide you with a receipt for your records. If you haven't received a Thank You it is probably because we don't have a good address for your group. When possible, please provide a mailing address so we can Thank You for your support!

Group Contributions

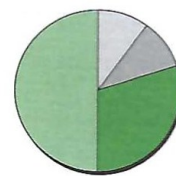
	<u>Apr 29 - Jun 23, 25</u>
As Bill Sees It-Fruita	112.00
Collbran AA Meeting	140.00
Cortez Fellowship Group	25.00
Go For It	41.18
Grand Mesa Group	50.00
Insanely Early Birds	200.00
Lunch Bunch-GJ	300.00
Rifle Back to Basics	260.00
Salida Noon Zoom	229.00
Sisters In Sobriety	50.00
Social Distance Group	115.00
Summit Serenity Sisters	50.00
Sunlight Group	100.00
The Breakfast Club	200.00
There is a Solution/C	1,358.00
There is a Solution/PS	75.00
WTF-Welcome to Fruita	414.55
TOTAL	<u>3,719.73</u>

Individual Contributions

	<u>Apr 29 - Jun 23, 25</u>
Individual Contributions	561.00
TOTAL	<u>561.00</u>

Excerpt from Box 459 Spring 2025

AAWS/GSB Net For 2025, the Budgeted Operating Surplus before depreciation is \$1 million. This is the second year in a row of strong results that have been made possible by record Seventh Tradition contributions and literature sales that continue to recover from the pandemic lows. La Viña is a non-operating expense for GSB because GSB is responsible for funding any shortfall, but the amount is determined by the AA Grapevine Board. Deducting this amount from the \$1 million above, the net operating surplus before depreciation net of La Viña is budgeted to be \$573,000 versus a surplus of \$431,000 in 2024 and a deficit of \$176,000 in 2023.



10% to district
10% to area committee
30% to G.S.O.
50% to intergroup or central office

Note from Intergroup/Steering Committee Chair, Gene F:

I did want to call attention to our finances at Central Office. Group Contributions are down 45% Year to Date (January - May, 2025); Individual Contributions are down 61% Year to Date (January - May 2025); and Literature Sales are down 42% Year to Date (January - May 2025) for a total of -\$9,721.71. Please consider having your group make a contribution, make an individual contribution or have your group or you purchase literature in the coming months so that we can turn around our current finances.



WESTERN SLOPE NOTES July-August 2025

July Sobriety Celebration



Gayle	V		7	1	13
Brian	J	Telluride	7	1	26
Jim	P	Telluride	7	1	34
Chuck		Telluride	7	1	35
Leslie	P	Craig #1	7	2	23
Craig	M	Oddballs	7	4	14
Anders	A	Steamboat Seagulls	7	4	28
Cheryl	N	Telluride	7	4	34
Karen	M	One Day At A Time	7	7	20
Keith	M	Attraction	7	7	40
Richard	T	Telluride	7	8	44
Ted	T	Melody Step Study	7	8	22
Sharon	S	Telluride	7	9	21
Jim	C	Brotherly Action - Basalt	7	9	24
Susan	K	Grand Mesa Group	7	9	26
Anna	D	Lunch Bunch	7	10	24
Kit		Telluride	7	10	24
Ron	J	Palisade Happy Open	7	10	27
Brent	P	Original Clifton	7	10	39
Cheryl	B	Ute Mountain Group	7	10	46
Chris	P	Palisade HOGS	7	11	14
Karalee	P		7	11	27
Mark	N	Odd Balls	7	11	30
Jaime	H		7	11	36
Dianna	M	Lunch Bunch	7	11	38
Stephanie		Telluride	7	12	35
Wayne	J	Fruita Sunset	7	13	49
Alison	C		7	14	39
Walt	B		7	14	45
Tom	H	Delta BB Study	7	16	14
Charlie		Bantron	7	16	29
Rick	J	Early Birds I	7	16	32
Dan	J	Delta Area Group	7	16	37
Lynette		Open Parachute	7	17	18
Jack	S	Grand Mesa	7	18	29
Mike	P	Aspen	7	18	30
Jim	O	Lunch Bunch	7	19	23
Lil	P	Brown Baggers--GJ	7	19	26
John	F	Early Birds I	7	20	36
Tracy	M	Grand Mesa	7	20	36
Dana	B	Insanely Eary Birds	7	21	19
Doreen	D	Brown Baggers--GJ	7	21	29
Crystal	S	H.O.W. -- GJ	7	22	19
Rex	J	What's the Point?	7	23	35
Sharon	G	Grand Mesa	7	23	39
Leslie	F	Odd Balls	7	24	12

Steve	Y		7	24	14
Tom	R	Clifton Original	7	24	33
Bob	L	Over the Hump	7	24	43
Susan	L		7	25	16
Rex	D	Lunch Bunch	7	25	37
Bill	A	Tuesday Night Mens	7	26	33
Sherri	M	Open Parachute	7	27	15
Brad	C	S.I.O.G.A.	7	28	34
Dianne	R	Keep It Simple	7	28	39
David	S	Burning Mtn Action	7	28	43
Judy	M	Serenity Speakers	7	29	34
Lois	H		7	30	36
Dyer	O		7	31	40

Step 7

Humbly asked Him to remove our shortcomings.

In the Alcoholics Anonymous, "defects of character" refers to personal shortcomings or traits that can hinder recovery. These are often seen as uncharacteristic reactions to life's difficulties, which can manifest as things like fear, envy, and resentment.

Tradition 7

Every A.A. group ought to be fully self-supporting, declining outside contributions.

Bill W. believed that each individual member had a responsibility to carry the message to other alcoholics and support the fellowship through their own actions. This includes participating in meetings, helping others, and contributing financially.



WESTERN SLOPE NOTES July-August 2025

August Sobriety Celebration



Barbara	H	As Bill See It	8	33
Penny	M		8 1	13
Gordy	L		8 1	27
David	H		8 1	28
Jim	R	Meeker #1	8 1	48
Michael	R	Lunch Bunch	8 2	31
Trevor	N	Promises	8 2	12
Mary	M	Thursday Nite Womens	8 5	21
Chuck	S	Lunch Bunch	8 5	36
Buck	W	Bantron	8 6	31
Tim	S	Original Clifton	8 6	37
Meri Kriss	R		8 7	15
Frank	B	Insanely Early Birds	8 7	26
Dwight	W		8 8	14
Greg	M	(Aurora)	8 8	37
Roger	I	Early Birds I	8 9	27
Ronde	C		8 10	40
Steve	P	Lunch Bunch	8 11	22
Claudia	F	Womens Outreach	8 11	36
Ray	M	Open Parachute	8 11	62
Ron	N	Odd Balls	8 14	20
Linda	C		8 14	27
Keith	A	Odd Balls	8 15	18
Barb	R	Open Parachute	8 15	40
Linda	H	Steamboat Seauls	8 16	25
Wayne	M	S.I.O.G.A.	8 17	41
Cheryl	J	Open Parachute	8 18	27
John	G	Aspen	8 18	28
Susan	S		8 18	30
Carlos	R		8 19	20
David	D	Early Birds I	8 19	20
John	R		8 19	37
Patricia	K	Eagle	8 19	38
Bill	V	Open Parachute	8 19	40
Michael	S	(Nickname: Patch)	8 20	17
Charles	F	New Beginnings	8 20	42
Christina	H	Lunch Bunch	8 20	44
Mark	R	Early Birds I	8 21	23
Marilyn	H		8 22	31
John	W	Attraction	8 22	39
Sarah	B		8 23	15
Joyce	B	Craig #1	8 23	22
Chris	K	Aspen	8 23	28
Matt	S	Just for Today	8 25	20
Louis	G		8 25	40
Connie	M		8 27	21
Becky	H	Odd Balls	8 28	22
Jack	P	Lunch Bunch	8 28	30
Karma	B	Aspen	8 28	35

Helena	G		8 29	15
Debbie	T	Craig #1	8 29	22
Sharon	S	Up To Ouray in AA	8 29	41
Bud	N	Craig #1	8 29	46
Ray	A	Aspen	8 30	29

Step 8

Made a list of all persons we had harmed,
and became willing to make amends to them
all

"Willing" and "unwilling" describe a person's state of mind or attitude towards something. Being willing signifies readiness, openness, or inclination to do or accept something. Conversely, unwilling indicates resistance, hesitation, or a lack of desire to do something.

Tradition 8

Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.

This principle is evident in how AA meetings are structured, with members sharing their personal stories and offering support to one another, rather than having a professional therapist lead the meeting.

We make every effort to ensure that birthday information is correct, but we are human! If you see mistakes or know of someone that has left the program, please let us know!!! Email us at : centraloffice@aa-westerncolorado.com or give us a call at 970-245-9649.

Thank you!



WESTERN SLOPE NOTES

July-August 2025



Call for Military Veteran A.A. Members for Interview Project

The General Service Board trustees' Committee on Cooperation with the Professional Community/ Treatment and Accessibilities is pleased to announce the launch of the "Military Veteran Interview Project". This initiative invites A.A. members who are veterans of the United States or Canadian Armed Forces to participate in a unique opportunity to share their experiences. If you are an A.A. member and would like to learn more about this project or volunteer for an interview, please reach out to the U.S. and Canadian points of contact via email at: militaryoutreach@aa.org. The anonymity of all participants will be rigorously protected. Please share this information widely within the A.A. Fellowship to reach as many members and trusted servants as possible. Listen to audio interviews of active-duty A.A. members at aa.org/military.

Excerpt from Area 10 Hi Country News from the Area Chair

Hi Everyone! It was wonderful seeing all of you at the Spring Assembly. Big thanks to District 21 for hosting us at the assembly. A new venue can sometimes be tricky, but they did a wonderful job, and the assembly went very well. Thank you all for attending, as well. We'll have our Summer Assembly this July 18th-20th at the Doubletree in Grand Junction, co-hosted by Districts 2 and 14. The flyer, draft agenda, and a hotel booking link can be found at <https://coloradoaa.org/assemblies/>. I have asked our Archives Committee to host a workshop on Friday night. We're still working out details for that one, so stay tuned! **On Saturday morning we'll have GSR and DCM orientation sessions, so please don't miss those if you are attending this assembly as a new GSR or DCM.** Our Delegate Martha will be giving her report on the 75th General Service Conference in the morning, followed by our normal business meeting in the afternoon. We'll see some bids for upcoming assemblies as well as a motion from Districts 12 and 19, who are in the process of redistricting. Another item on Saturday to note is that we will hear a report from our Ad-Hoc Committee on Assemblies. On Sunday we'll hear a report on the 2025 Corrections Conference that was held in Steamboat Springs as well as the proposed budget for 2026. If there's anything I can do to help your groups or districts, please don't hesitate to reach out. I'm always available. Random Black Area 10 Chair areachair@coloradoaa.org

Excerpt from Area 10 Hi Country News from the Area Treasurer

Hello Area 10! I'm looking forward to seeing everyone at the upcoming assembly July 18-20 in Grand Junction. Currently, we are working on preparing the preliminary budget for 2026. This will be presented at the Summer Assembly. We are also in the process of converting our desktop version of Quickbooks to an online version. **Contributions Important!** Please include your Group's Name, your District Number, and your Group's ID Number on your group's contributions to Area 10. If you are unsure of this information, include your phone number on your remittance and we'll be happy to follow up with you to determine the group number. The same information should be included on all Zelle contributions. This information will allow the Area to properly credit your group and district with your contributions. Zelle contributions can be made by following the instructions found on the Treasurer's page at coloradoaa.org. (Zelle contributions can be received at treasurer@coloradoaa.org) Contributions made by cash or check should be payable and mailed to: Colorado Area Committee 12081 W. Alameda Pkwy, #418 Lakewood, CO 80228 Thank you for allowing me to be of service. Janet Nelson Area 10 Treasurer treasurer@coloradoaa.org 847-921-4227

WESTERN SLOPE NOTES July-August 2025



What's Happening



Summer 2025 Assembly

July 18-20, 2025 Double Tree by Hilton, Grand Junction, CO 81506

<https://coloradoaa.org/assemblies/>

40th Annual Crested Butte Conference

Mountaineer Conference Center July 20-25, 2025 **THERE IS NO ON-SITE REGISTRATION.**

<https://cbconference.org/>

Area 10 State Convention

August 29-31st 2025- Loveland Co

Registration Information on aa-westerncolorado.com website



Contact Duke If you would like to volunteer or have questions. 602-341-3078

For additional information see ColorDaze.org

